

# splitimes

september 2016

The Official Newsletter of the Utica Roadrunners

## Falling Leaves

The 41st Year

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September  
**2016**  
Utica Roadrunners  
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*Some of the Utica Roadrunners at the  
Grand Prix 5 mile Bolder Inspiration*

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All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

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## Useful Links:

[Utica Roadrunners Facebook Page](#)

[People Who Run For Fun Facebook Page](#)

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)







## President's Message

### ***Hello Runners!***

I hope our Mohawk Valley Autumn is cooler than our summer. I roasted, even though I am a walker. For my walking records, I get to add miles in Canada, The Netherlands, Germany, France and Switzerland this year. Dennis and I went to Mount Tremblant in Canada for a week just before the Boilermaker and then we cruised up the Rhine on one of those Viking River Cruises. If you ever have a chance to do a Viking Cruise, Just Do It! It is worth every euro!

Talk about running away from home routes... how about those peak2brew relay challengers!?! We had a bunch of members on a bunch of teams. I was prepared to see those fast guys on the West End Runaholics team. Tom Joslin, Mike Elleman, Stephen Paddock, John Draper, Jim Owens & Corey Zlatniski had a great run & time. I knew Wayne Murphy was on a team, but I did not know that Michelle Truett would be on that team also or that the team would be sponsored partially by the Wild Center in Tupper Lake. Wayne's son works there and he was able to get their support. Melanie Crisino was running with some friends from Braningham Lake. Paul Cohen, Rich Crandall and Sharon Wise were on a team with a bunch of Utica National and Utica College employees. Despite some weather delays and what I consider extreme heat (90+) and humidity, everyone seems happy with their performance. It was tempting to go down to the finish line, but the downpours and lightning kept me at home. I admire all of the Club members who participated. One participant asked whether the Club could do a training program for this type of event. Hmmm..., does that mean 24 hour sessions?

I have some happy/sad news. Our Board member, Jeremy West, has a new full time job! Bad news is that the job is in Coos Bay, Oregon. Jeremy has already moved out to the Pacific Coast. Jeremy held many posts in the Club. He was in charge of Youth Training and the Racing Team and Jeremy was the liaison between the Club and the Road Runners Club of America and the USATF. Jeremy, we are going to miss YOU! Who will fill your shoes? Are there any Volunteers?

September means Falling Leaves Race time. Mike Brych and his committee hope to bring you another great 14K, 5K and Kid's race day. The courses are pretty smooth and former Club President, Bob Carlson has his road guards lined up to protect all runners at the course intersections. The Utica Police will be in full force, the shirts have been ordered, and food will be plenty. I just forgot about an important part of my job – I had to order the portajohns. Man, the Radisson people would not have been happy with me if I had totally forgotten! Packet pickup will again be at The Sneaker Store. Rich Karaz will have a shoe rep there and you know that there is always some tasty treat. Let's all pray for some sunny fall weather on the 25th and see you all at the starting line!

Check out the Club website for September running events. Train at the Development Runs for two more weeks. As always, **BE CAREFUL OUT THERE!**



# Thank Yous from our Scholarship Winners

Thank you so much for the scholarship and free membership to your club. The money is going towards all of my books.

Sincerely,  
Ryann Jaguay

Dear Utica Roadrunners,  
I would like to thank you all for the generous \$500 Volunteer Scholarship. I was thrilled when I found out that I would be the recipient of the award. I will be attending Albany College of Pharmacy in the fall, starting in the PharmD program. After 6 years, I will be a doctor of Pharmacy. This has been my plan since the beginning of High School.

The award money will help me pay to attend Albany, either through paying the portion of tuition or for books and other supplies. I have enjoyed volunteering for the Utica Roadrunners and hope to continue to help in the future. I would finally like to thank the club and it's members once again for the monetary help and wish you all the best.

Sincerely,  
Mark Arcuri Jr.

## Wild Roadrunners

Board member Wayne Murphy rockin' the "Wild Roadrunners" shirt during Peak to Brew. The roadrunner on the shirt was drawn by 15-year-old Utica Roadrunner member Deondre Linder.





# Runner Turned Rider

by Dorothy Massinger

***Hurtling downhill on a wet road at close to 30 miles per hour; inches from dozens of other cyclists, I couldn't help but wonder: "What was I thinking?"***

Spending time with other runners and going to races and expos; the idea of doing a sprint triathlon kept coming up and before long started sounding like a good idea. So I thought, Hmmmmm: if I ever want to do a triathlon, I better learn how to ride a road bike; one that has very skinny tires, seat positioned higher than the handlebars, 21+ gears, and shoes that lock your feet in the pedals so that you become "one with the bike". But where to learn how to pilot such a ride?

In the Utica area, each late spring, a perfect opportunity presents itself: The Ride for Missing Children. If I can join a group of 500 people riding their bikes in tight formation for almost 100 miles; this will be the perfect venue to learn road cycling.

Getting to help a local organization whose mission is "Making our children safer...one child at a time" is just icing on the cake.

So it was that on June 3, 2016, I was honored to be part the 500 riders traveling together in close formation over 85 miles in the 20th Ride for Missing Children. Unlike a road race, there are no timing

chips, no finisher medals, no 1st place or last place. There were commitment rides, but no set training plan, no tapering, and very little recovery. Prior to "The Ride" the longest I'd ridden my bike at one time was 30 miles; how would I ever ride 85 miles in one day?

Turns out they have coaches, appropriately called "shepherds," who teach new riders how to shift, climb hills, ride in forma-

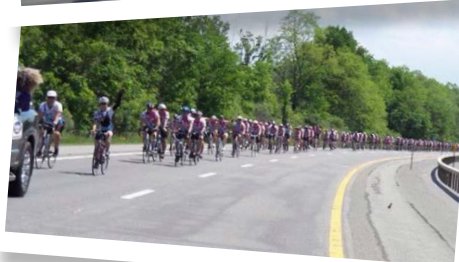
tion, and ride safely and drink and ride...no, not that kind of drinking and riding; water and Gatorade, and more water and Gatorade.

On the day of "The Ride," there was a SAG wagon (well, okay, it was an air conditioned motor coach with food, water, and a bathroom) and heart filled ceremonies at the beginning, on the road, and at the close. We met hundreds of school children along the way who cheered for us as if we were rock stars. There were constant reminders along the route that "The Ride" is really about raising awareness and honoring and remembering missing children and their families.

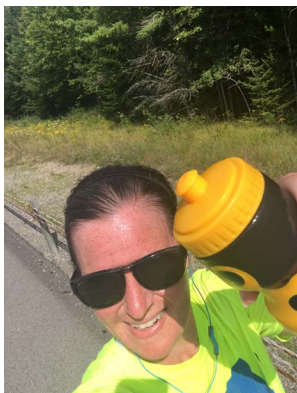
Being a runner, I felt I had some advantages. I was used to spending money on race fees, so buying a bicycle and gear felt doable. Raising \$500 was a little intimidating, but as an experienced rider told me: "the mission speaks for itself." I knew as a runner that if I got myself to the start, I would make it to the finish. I knew I could push past my comfort zone. I knew hills were just part of the road, nothing to obsess about. I knew I could do this.

Running will always be my first love. The friends I have met through the Utica Roadrunners have become my family. You come to cheer me on, take pictures and videos, pamper me with a foot massage when I can barely take my shoes off, and celebrate with me at the finish.

The Ride for Missing Children is physically and emotionally draining, but very rewarding. It is something that you, as a Roadrunner, can do to raise awareness of the plight of all missing and exploited children and their families, and the need for child safety education. If you would like more information about "The Ride," please check out their website at [therideformissingchildren.com](http://therideformissingchildren.com). Maybe we can ride together June 2, 2017.

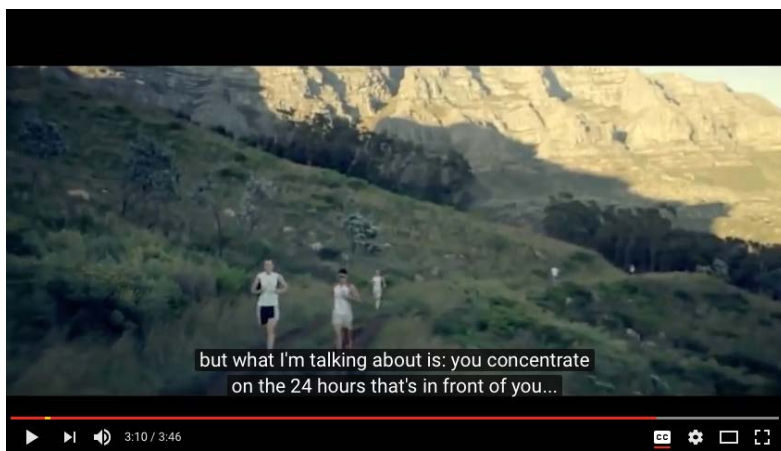


## Letter from the Editor



### Rise and Grind!

You guys have a lot to read in this issue - great stories from UR members that are making their mark on the world. For my message this month, I'm just going to share this motivational running video. I don't know about you, but I could always use someone yelling at me on YouTube to get my butt in gear for a run! Enjoy!



[WATCH NOW >>](#)

*Michelle*

## Happy Hour

*Tom Cavallo's*  
*Restaurant ~ Banquet ~ Bar*

*Join us!*

**Club Happy Hour**

**Friday, September 2, 2016 • 5:00pm**

**Cavallo's**

**in the Village of New Hartford**

# Upcoming Races



## **Falling Leaves** **ROAD RACE**

**42nd ANNUAL RACE**

**Sunday, September 25, 2016**

**Races start at 8:15 AM**

**(9:00 AM) NYS RRCA 5K Championship Race**

**and**

**(8:50 AM) USATF Adirondack Region Grand Prix 14K Road Race**

**with**

**(8:15 AM) Kids 1 Kilometer Fun Run**

[\*\*Register now >>>\*\*](#)

*Thank you to our sponsors:*





# Development Runs

## ***Only two more weeks! You can do it! Development Runs - up to the Falling Leaves Race!***

**2.5 mile walk starts at 6:00 PM.**

**The Kids Fun Runs (2/10 mile and 1/2 mile) start at 6:15 PM.**

**The 2 mile, 5K and 10K runs start at 6:30 PM.**

No cost for Utica Roadrunner club members! \$2.00 per person (no family rate offered).

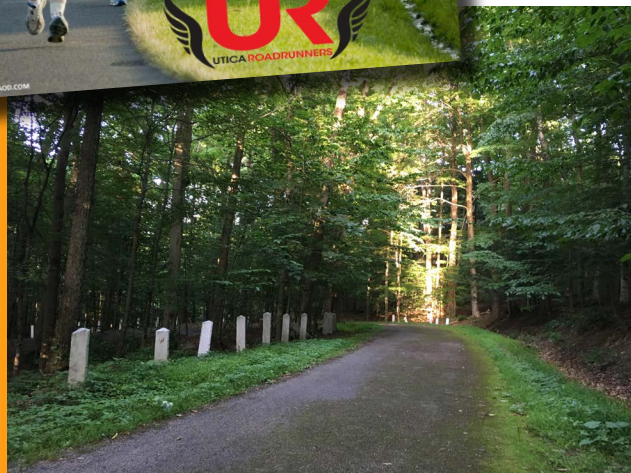
Registration is 5:30 – 6:15 PM in the Ski Chalet on the Memorial Parkway.

There will be water at the finish line, and various water stations set up throughout the courses.

### ***Want to volunteer?***

Participation credit will be given to anyone that volunteers, runs, or walks at any of the weekly events.

**For course map, to look up your  
Utica Roadrunners ID number  
or to download  
the waiver, [CLICK HERE](#)**





# The Casual Runner: Words on Running for the Rest of Us

by Rob Trotta

## Running Against Nature's Wrath – The 2016 Peak to Brew Relay



Imagine being one of six people who are responsible for running hundreds of miles up, over, and around unforgiving terrain for almost thirty hours nonstop. Now imagine running that race on the surface of Venus in the middle of the stormy season with a scalding and turbulently angry atmosphere trying to expunge you after every breath you take. That pretty much sums up this year's first official Peak to Brew Relay Race—the ultimate road and trail race put on by Bark Eaters, LLC from Boonville.

But being just a casual runner, of course, my sanity spared me from experiencing this race as a participant. My role instead was as the driver for one of the two Utica Roadrunner teams signed up for this madness. In other words, I was sitting in an air conditioned van a lot of the time while our team, the

West End Runaholics, once again tackled a journey across the beefiest parts of the state (the West End Runaholics ran and won this race last year, although that was the event's exhibition race. This year it was the real deal). The race began at the top of Whiteface Mountain near Lake Placid, meandered down through Saranac and Tupper Lakes, Blue Mountain Lake, Old Forge, westward out of the park to the Lowville/Tug Hill/Boonville areas, down through Steuben and Holland Patent, and finally into the Mohawk Valley to the F.X. Matt Brewery for free beer 238 miles later.

Our team's base of operations was a rented Ford Traverse passenger van that comfortably seated ten people with plenty of cargo space in the back (it also had exceptionally good gas mileage, acceleration, and handling). While one person ran, the other five had ample space to relax or prepare for the next leg. Our team was comprised of runners with a wide variety of ages—a laudable cross-section of both young and master runners alike. Making up the West End Runaholics were John Draper, Mike Elleman, Tom Joslin, Jim Owens, Stephen Paddock, and Corey Zlatniski. The Peak to Brew as a whole was made up of 45 full-relay teams with six of them being “ultra” teams (six runners as opposed to the standard twelve). There were also eight half-relay teams that started the race at the halfway point at McCauley Mountain in Old Forge.



The teams' starting times were staggered in order for all the teams to reach the brewery within a few hours of each other. The slower teams started at the crack of dawn on Friday, August 12 while the faster teams began in the early afternoon. Due to their speed and first place win last year, the West End Runaholics was one of two teams to start last, at 1 PM. So instead of stressing about the race by waiting idly, the team smartly enjoyed Friday morning at the KOA we stayed at by having a full breakfast and coffee in the lodge, walking along the campground trails, and swimming in the pool. But as noon approached, the holiday ended and the team suited up and shifted into running mode.

*continued* —→

And that's when the heat and stifling humidity broke through the late morning clouds in what would be the northeast's worst heat wave all summer.

The run down Whiteface was a temporary weather illusion—cool air in the high-50's and the sun hidden in fog. But at the first exchange point (one of 48 at which one runner traded off with the next runner by exchanging a slap bracelet) near Whiteface's base, it was easily in the upper 80's with at least 85% humidity and hazy sunshine. Tom ran this first leg and started off strongly, but the six-mile decline took its toll as he was forced to balance holding back from gravity with maintaining a competitive speed. His heel was blistered by the time he reached the exchange point and it was only by some clever duct tape wrapping over his feet that he was able to remain confident that he could handle his future segments.

Having run this course already, our team knew what to expect in terms of route and terrain, but what conspired to work against them both day and night was the unrelenting weather. The heat reached 90 degrees in the sun in some places and the humidity was near-suffocating. To top things off there was no breeze at all. The air was thick and still and these conditions would change very little once the sun went down. Aside from a couple thirty-second very light drizzles, the skies never opened up that first day to break the humidity and cool things down. Things finally grew gray with bubbly storm clouds as the sun set around the Tupper Lake area, but not once were we given a reprieve from the heat and humidity.

The heat aside, there was something particularly ethereal during much of the race's first half in that most of the time we were the only team out on the course. Most of the other teams started earlier in the day and were dozens of miles ahead of us, but since the West End Runaholics were running a steady and competitive pace, it was only a matter of time before they started gaining on the other teams. For now, however, the race would remain dark and lonely. In fact, it was Stephen who said after his ten-mile leg down the quiet and despondent Moose River Road between Old Forge and Port Leyden that he would rather be doing anything than running this race. The team's nerves were shot as their mettle was pushed to the edge. Would they reach the finish line or would they end their agony by dropping out? I feared the worse.

Saturday morning on the Tug Hill Plateau brought with it the same heat and humidity as the day before, but with diminishing sunshine as a series of sinister storm fronts moved in from the northwest. The race's safety protocols dictated that the team vans were to pull their runners off the course if weather conditions deteriorated, but our team was committed to pressing on, even if that meant running in pounding deluges of rain (which they did a few times) and up and down terrain that was brutal even when the weather wasn't horrid. John, Jim, and Mike insisted on running the hilly legs in Steuben that they'd run last year, and Corey seemed on the brink of unconsciousness as he pounded up and down hills near Holland Patent. Tom simply

*continued* ➔

hoped that the duct tape held on his feet, for if it didn't, then no running would be possible for him no matter how bad the weather got.

By this time they'd finally caught up with and were running past many of the other teams that started hours before them at Whiteface. Despite the pain and shredded nerves, it started feeling like a race at this point. As our team came down from Steuben by midafternoon, roiling clouds closed in—and they looked vile. The storm's shape and movement was visible for miles as it darkened and condensed into a massive, slowly spinning disk. Supercell was all I thought, knowing that the front looked eerily similar to what spawns tornadoes. Nevertheless, the West End Runaholics moved forward into their last few hours of running.



"Do you think that storm will hit us?" Tom asked me as we watched it from outside the van. "Probably not," I said, fairly confident that it was tracking more to our north.

Ten minutes later the storm not only arrived, it downright enveloped and incapacitated us. The skies opened up and lightning bolts split the sky, one lance after the other. Stephen was our runner at the time, so we quickly pulled off to the side and got him safely in the van to wait at the next exchange point (an action we were advised to do by the race directors). There was a brief calm after the storm, but the skies ripped open again as we came down Deerfield Hill towards Whitesboro High School—barely seven miles from the finish line. Our team van, along with about eight others, sat in the parking lot to wait out the storm.

Around 6 PM Saturday evening the skies finally calmed, the rain stopped, and the temperature dropped a little (and I do mean a little). Mike was scheduled to run the last leg from Yorkville into the brewery, but just as we'd done last year, I dropped off the other five runners a few blocks from the end so they could all cross the finish line together. Their odyssey had ended successfully at 6:55 PM with a total running time of 29 hours 55 minutes—only 43 seconds slower than last year. Many of the other teams that had started at Whiteface hours before us had yet to cross the finish line. The West End Runaholics had won their second Peak to Brew Relay and the course record remained theirs.

The race conditions those two days were insufferable—the heat, the baking sun, humidity so high that it rendered sweating useless, and two storms that seemingly split the universe in two. But the six West End Runaholics never stopped pounding the pavement, even if their goal a few times was merely to finish. At the postrace party in the brewery's back lot, after it was all over and the runners were cooling down, I had a random thought about our quaint team van—the mighty Ford Traverse that had been our home for two days. Its engine and air conditioning had been running almost nonstop for thirty hours and it had trudged through sheets of rain and drenched roads with the toughness of an ATV.

In a way, it exemplified ceaseless tenacity—just like the six runners it had carried.



# Peak to Brew Team 2



Rob Trotta's excellent article covered all the gory details of this year's Peak to Brew relay race – the HEAT and the STORMS especially – but as we pause to give a huge thank you to the Utica Roadrunners for their support for our team, we wanted to cover a few intangibles of doing a race like this.

- **Camaraderie** – six sweaty, tired, sore, hungry people in a van is no joke and by the end of 30 hours, someone could get smacked. Not in our van! This race really brings people together, from old friends, to people you kind of know from running, to total strangers that are substituting for a runner that couldn't make it last minute. You get to know each other real quick in a van. #FriendsForLife
- **Perseverance** – So there we were... it was 93 degrees with 90% humidity on a wretched stretch of Route 30 with no reprieve from the sun. And we've been up since 3:30am. #JustKeepRunning
- **Personal accomplishment** – leaving your job and your family to travel hundreds of miles to RUN those hundreds of miles back takes some gumption. It's so good for the mind, it relieves workday stress and it is something you do for you. #TreatYoSelf!

**THANK YOU** to the Utica Roadrunners for supporting our quest. We hope others get inspired to try out this great running adventure next year. We'll see you on the top of Whiteface!

MEMORIES

BLESSING

ATHLETIC

CONQUER!

# Looking Back and Moving Forward

by Sue Luley - Sauquoit, NY

People have asked me how long I have been running. I had to think back and figured out I started running approximately 16 years ago when my children got involved with school sports teams. Then a friend encouraged me to run the Boilermaker with her in 2006. That made me very nervous. Her husband suggested I run the Developmental Runs as part of the training. I usually was a spectator and often thought about doing it. That was my first race and I surprised myself. I kept running and made the Developmental Runs part of my workout. I eventually joined the Utica Roadrunners in 2010. I really enjoy the challenge and beautiful trails in the Switchbacks. I like the Grand Prix race series because it provides various distances and courses which challenge your abilities. Also, it's nice to see the individuals at the races who have become friendly adversaries over the years. I have met some great people who have been very supportive.

Running gives me energy and allows me to eat more! You could say I am addicted!! If I don't run I get out of sorts. I run at least 3 days a week and approximately 20 miles during the winter and more in the better weather.

Last year I had to take a couple of months off in the summer because of a foot injury. It hurt not to be able to run the races I usually do including the Boilermaker. So Bill and I joined a gym so we would have more cross training options hoping it would help. We enjoy the classes and our favorites are RPM (spin) and Body Flow (great for flexibility and balance). As you get older you have to put out more effort and make adjustments. Figuring out what pace you can maintain for the duration of the race, and taking into consideration the weather, plus the amount of hills all factor in to how your race will go. I do run better in the cooler weather. I also have to factor in some rest days for recovery.

I like to challenge myself to meet or beat my last time. This year I ran my 8th Boilermaker and had a PR. Also, the Erie Canal Half was another PR this year.

I am grateful I can still run. It is great that Bill runs with me now that he is retired. I have a special memory when he completed his first Boilermaker. He insisted that I had to help him train for it and I wasn't sure I was up to that task. He has now completed three Boilermakers. We do take advantage of the Saturday morning training runs. Our daughter ran her first Boilermaker this year and has joined us in several races. Also this year, our two grandsons ran their first 5K with their mom. They couldn't wait to tell us about it. I think I started something good in our family. Running is contagious!

I am looking forward to the Falling Leaves Race as it is one of my favorites. In October I will be running the Wineglass Marathon, if my knee holds up. The extra miles are making it sore. Thank goodness for Biofreeze, ice, and stretching and foam rollers.

The support of friends from the Utica Roadrunners has been wonderful. I admire Virginia Truax and she has been a mentor to me. We have always challenged each other. I also appreciate Sharon Stedman for the long runs we have done this summer. All three of us have finished together several times in the local races this year.

I was surprised when Michelle asked me to do a member story. It is not easy writing about me. It gave me a chance to reflect back and see how far I have gone in the last 16 years. I have learned so much and amazed myself. Plus, I am proud my family is now running too! It is awesome to share the experiences with family and new friends.



**2016 TURNING STONE HALF!**



**BILL'S FIRST BOILERMAKER**



**SUE, JANELLE AND BILL**



**SHARON, SUE AND VIRGINIA**



# Willijah's Corner



## Willijah Dawson

*Full time insurance customer advocate, full time student and lover of running (in her spare time!) With numerous 5Ks and two Boilermaker 15Ks under her belt she claims "running is my therapy."*

## Overcoming Failures

The word failure has been on repeat in my head over and over these last few weeks... I've recently encountered a situation where I failed and being my own worse critic I have been unable to let this particular situation go.

I attended a Yoga class today and the instructor said, "Whatever you are going through is temporary." It's as if she was speaking directly to me. It was a word I needed to hear. I am taking her advice and reminding myself that this feeling is temporary and instead of dwelling on the negative I am going to take this adversity and self-reflect.

When I self reflect I ask myself 3 questions:

- 1) What happened? Define the problem.
- 2) Why did this happen? Evaluate the problem.
- 3) What lesson did you learn, what can you do differently?

### **What happened?**

I have been handed a lot of responsibilities at work so much so that I even had my co-workers telling me "Willijah you are doing way too much you need to say something to management... you are doing two peoples jobs" but I'd disregard as I never wanted to be one to complain, I wanted to be superwoman and get it all done. Some work I had done earlier in the year was pulled in an Audit and it was discovered that I skipped over some items on a project I was working.

### **Why did this happen?**

I'll ask myself why did I miss the items, I'd think back to the day and question what I was doing...was I having system issues ....Did I have too much going on etc. At the time the error occurred I did have a lot going on



in both my work and professional life. My workload had increased tremendously, I was getting over the loss of my grandparents, was working a part time job and was taking 5 classes. So the problem in this scenario was that I was trying to do way too much and was rushing through things to get things done. The other problem was I not speaking up asking for help as it was obviously needed.

### **What lesson did you learn, what can you do differently?**

Let some things go and speak up. I have since let go of the part time job, I reduced the amount of classes I am taking this semester and I have had conversations with my manager letting her know assistance is needed. I know it's not the first time I've failed and will definitely not be my last.

As Michael Jordan said, "I've failed over and over and over again in my life. And that is why I succeed."



# CNY Running Clubs Cup 2016 Report

**The Woodsmens' 10K Race in Boonville on August 19th was the fifth and penultimate event in the 2016 CNY Running Clubs Cup.** Despite it being both an evening and a Friday, we were well represented with 15 members in the race: Danielle Bliss, Richard Cohen, Annika Heacock, Gary LaShure, James Latshaw, Bill Luley, Janelle Luley, Susan Luley, Elizabeth Miller, Jim Mott, Heather Raymond, Ray Smith, Dan Stedman, Sharon Stedman and Cathleen Willy. Our total team score of 369.06 was the highest score of the five teams entered in the race, including the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners and Toe Path Trekkers.

**Our five best performers in the Woodsmens' 10K Race were:**

Member	Age	Race Net Time	Age Grade %	Total
Willy, Cathleen	32	0:39:22	77.14	
Cohen, Richard	45	0:38:09	75.57	
Luley, Susan	63	0:54:21	74.56	
Miller, Elizabeth	56	0:52:02	70.92	
Stedman, Daniel	58	0:45:27	70.87	
				369.06

**The team totals for the Woodsmens' 10K Race were:**

Utica Roadrunners	369.06
Roman Runners	292.34
Kuyahoorra Kickers	349.39
Toe Path Trekkers	344.54
MV Hill Striders	156.46
Team RWB	no report
Syracuse Chargers	no report



**The last Clubs Cup Race:  
September 25th:  
Falling Leaves 14K in Utica**

**The next Cup event is the Falling Leaves Race on September 25th**

**The info and entry form can be found here:**

**<http://uticaroadrunners.org/races/falling-leaves/information/>.**

**This is also a UR Grand Prix race. As it is an age-graded competition, you don't have to be an elite runner to contribute, and the more members that participate, the better the club's chances will be. You don't need to email me to tell me you are participating, but feel free to do so. Any questions, please email me at [jimmoragne@gmail.com](mailto:jimmoragne@gmail.com).**

